



PRAYERS *during* FEBRUARY

*A resource for praying at home
for Sundays in February and for Ash Wednesday*



The FIFTH SUNDAY *in* ORDINARY TIME

Sunday, 7th February 2021

THE INTRODUCTION

Light a candle and spend some time in silence if you can to prepare for your time of prayer. Giving thanks for God's great mercy and love, you might want to sing or say this hymn:

Thou whose almighty word
Chaos and darkness heard,
And took their flight;
Hear us, we humbly pray,
And where the gospel day
Sheds not its glorious ray
Let there be light.

2. Thou who didst come to bring
On thy redeeming wing
Healing and sight,
Health to the sick in mind,
Sight to the inly blind,
O now to all mankind
Let there be light.

3. Spirit of truth and love,
Life-giving, holy Dove,
Speed forth thy flight;
Move on the water's face,
Bearing the lamp of grace,
And in earth's darkest place
Let there be light.

4. Blessèd and holy Three,
Glorious Trinity,
Wisdom, Love, Might,
Boundless as ocean's tide
Rolling in fullest pride,
Through the world far and wide
Let there be light.

John Marriott, 1780-1825

Then, making the sign of the Cross, say:

✠ In the name of the Father, and of the Son and of the Holy Spirit.
Amen.

Spend some time in silence, calling to your mind your sins. Then say,
Lord Jesus, you are mighty God and Prince of Peace: Lord, have mercy.
You are the Son of God and the Son of Mary: Christ, have mercy.
You are the Word made Flesh, the splendour of the Father: Lord
have mercy.

Remind yourself of the gift of God's forgiveness, by reading these words from 1 John 1.9: If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.

Then say the Collect: Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. Through Christ our Lord. Amen.

THE LITURGY OF THE WORD

Then read today's appointed readings:

- *Job 7:1-7: Restless I fret till twilight falls.*
- *1 Corinthians 9:16-23: I should be punished if I did not preach the Gospel.*

Alleluia! Alleluia! I am the light of the World, says the Lord, anyone who follows me will have the light of life. Alleluia!

- *Mark 1:29-39: He cured many who suffered from diseases of one kind or another.*

SPIRITUAL COMMUNION

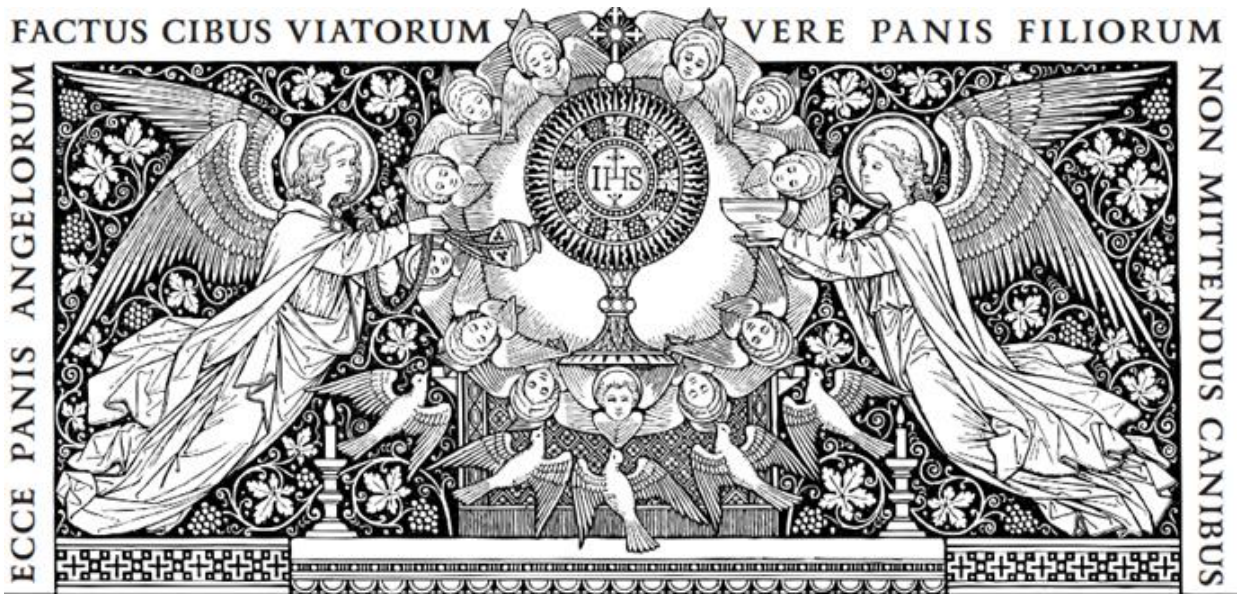
Say the OUR FATHER.

Then make your act of SPIRITUAL COMMUNION. Spend a moment meditating on Jesus' love for us and your own longing for life in union with him. Then pray:

MY JESUS, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Spend some time in silence, giving thanks, and then say:

Blessed, praised and adored be Jesus Christ on his throne of glory,
and in the Most Holy Sacrament of the Altar. Amen. Alleluia!



In thanksgiving, you might want to sing this hymn:

KING OF GLORY, King of peace,
I will love thee;
And that love may never cease,
I will move thee.
Thou hast granted my request,
Thou hast heard me;
Thou didst note my working breast,
Thou hast spared me.

2. Wherefore with my utmost art
I will sing thee,
And the cream of all my heart
I will bring thee.
Though my sins against me cried,
Thou didst clear me;
And alone, when they replied,
Thou didst hear me.

3. Seven whole days, not one in seven,
I will praise thee;
In my heart, though not in heaven,
I can raise thee.
Small it is, in this poor sort
To enrol thee:
E'en eternity's too short
To extol thee.

George Herbert 1539-1632

Say this concluding prayer: O God, who have willed that we be partakers in the one Bread and the one Chalice, grant us, we pray, so to live that, made one in Christ, we may joyfully bear fruit for the salvation of the world. Through Christ our Lord.

And then pray for God's blessing, saying: The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

Let us praise the Lord. Thanks be to God.

The SIXTH SUNDAY in ORDINARY TIME

Sunday, 14th February 2021

Use the structure as above, substituting these hymns and readings:

Praise to the Holiest in the height,
And in the depth be praise,
In all his words most wonderful,
Most sure in all his ways.

2. O loving wisdom of our God!
When all was sin and shame,
A second Adam to the fight
And to the rescue came.

3. O wisest love! that flesh and blood,
Which did in Adam fail,
Should strive afresh against the foe,
Should strive and should prevail;

5. O generous love! that he who smote
In Man for man the foe,
The double agony in Man
For man should undergo;

6. And in the garden secretly,
And on the cross on high,
Should teach his brethren, and inspire
To suffer and to die.

7. Praise to the Holiest in the height,
And in the depth be praise,
In all his words most wonderful,
Most sure in all his ways.

The Collect: O God, who teach us that you abide in hearts that are just and true, grant that we may be so fashioned by your grace as to become a dwelling pleasing to you. Through Christ our Lord. Amen.

The readings are:

- *Leviticus 13:1-2, 44-46: The leper must live apart: he must live outside the camp.*
- *1 Corinthians 10:31–11:1: Take me for your model, as I take Christ. Alleluia! Alleluia! May the Father of our Lord Jesus Christ enlighten the eyes of our mind, so that we can see what hope his call holds for us. Alleluia!*
- *Mark 1:40-45: The leprosy left him at once and he was cured.*

As a hymn in thanksgiving after your act of spiritual communion:

YE WATCHERS and ye holy ones,
Bright Seraphs, Cherubim and Thrones,
Raise the glad strain, Alleluya!

Cry out Dominions, Princedoms, Powers,
Virtues, Archangels, Angels' choirs,
Alleluya, Alleluya,
Alleluya, Alleluya, Alleluya!

O higher than the Cherubim,
More glorious than the Seraphim,
Lead their praises, Alleluya!
Thou Bearer of the eternal Word,
Most gracious, magnify the Lord, *Alleluya, Alleluya...*

Respond, ye souls in endless rest,
Ye Patriarchs and Prophets blest,
Alleluya, Alleluya!
Ye holy Twelve, ye Martyrs strong,
All Saints triumphant, raise the song *Alleluya, Alleluya...*

O friends, in gladness let us sing,
Supernal anthems echoing,
Alleluya, Alleluya!
To God the Father, God the Son,
And God the Spirit, Three in One, *Alleluya, Alleluya...*

Athelstan Riley, 1858-1945

The concluding prayer: Having fed upon these heavenly delights, we pray, O Lord, so that we may always long for that food by which we truly live. Through Christ our Lord. Amen.

ASH WEDNESDAY

Wednesday, 17th February 2021



In place of an opening hymn, you might like to say this poem by Robert Herrick – To keep a true Lent:

Is this a fast, to keep
The larder lean ?
And clean
From fat of veals and sheep ?

Is it to quit the dish
Of flesh, yet still
To fill
The platter high with fish ?

Is it to fast an hour,
Or ragg'd to go,
Or show
A downcast look and sour ?

No ; 'tis a fast to dole
Thy sheaf of wheat,
And meat,
Unto the hungry soul.

It is to fast from strife,
From old debate
And hate ;
To circumcise thy life.

To show a heart grief-rent ;
To starve thy sin,
Not bin ;
And that's to keep thy Lent.

The Collect: Grant, O Lord, that we may begin with holy fasting this campaign of Christian service, so that, as we take up battle against spiritual evils, we may be armed with weapons of self-restraint. Through Christ our Lord. Amen.

The readings are:

- *Joel 2: 12–18: Let your hearts be broken, not your garments torn.*
- *2 Corinthians 5: 20-6:2 Be reconciled to God... now is the favourable time.*
- *Matthew 6:1-6, 16-18: Your Father, who sees all that is done in secret, will reward you.*

As a hymn in thanksgiving after your act of spiritual communion:

Forty days and forty nights
Thou wast fasting in the wild,
Forty days and forty nights
Tempted and yet undefiled.

2. Sunbeams scorching all the day,
Chilly dewdrops nightly shed,
Prowling beasts about thy way,
Stones thy pillow, earth thy bed.

3. Let us thine endurance share,
And awhile from joys abstain,
With thee watching unto prayer,
Strong with thee to suffer pain.

4. And if Satan, vexing sore,
Flesh or spirit should assail,
Thou, his vanquisher before,
Grant we may not faint nor fail.

5. So shall we have peace divine,
Holier gladness ours shall be,
Round us too shall angels shine,
Such as ministered to thee.

6. Keep, O keep us, Saviour dear,
Ever constant by thy side,
That with thee we may appear
At the eternal Eastertide.

G. H. Smyttan, 1822-70

The concluding prayer: Pour out a spirit of compunction, O God, on those who bow before your majesty, and by your mercy may they merit the rewards you promise to those who do penance. Through Christ our Lord. Amen.

The **FIRST SUNDAY** *of* **LENT**

Sunday, 21st February 2021

For an opening hymn, sing or say:

Christian, dost thou see them
On the holy ground,
How the hosts of Midian
Prowl and prowl around?
Christian, up and smite them,
Counting gain but loss;
Smite them by the merit
Of the Holy Cross.

2. Christian, dost thou feel them.
How they work within,
Striving, tempting, luring,
Goading into sin?
Christian, never tremble;
Never be down-cast;
Smite them by the virtue
Of the Lenten fast.

3. Christian, dost thou hear them,
How they speak thee fair?
'Always fast and vigil?
Always watch and prayer?'
Christian, answer boldly,
'While I breathe, I pray:'
Peace shall follow battle,
Night shall end in day.

4. Well I know thy trouble,
O my servant true;
Thou art very weary,--
I was weary too;
But that toil shall make thee
Some day all mine own,--
And the end of sorrow
Shall be near my throne.'

J. M. Neale, 1818-66

The Collect: Renewed now with heavenly bread, by which faith is nourished, hope increased, and charity strengthened, we pray, O Lord, that we may learn to hunger for Christ, the true and living Bread, and strive to live by every word which proceeds from your mouth. Through Christ our Lord. Amen.

The readings are:

- *Genesis 9:8-15: God's covenant with Noah after he had saved him from the waters of the flood.*

- *1 Peter 3:18-22* That water is a type of baptism which saves you now.
- *Mark 1:12-15: Jesus was tempted by Satan, and the angels looked after him.*



As a hymn in thanksgiving after your act of spiritual communion:

ALL YE who seek a comfort sure
 In trouble and distress,
 Whatever sorrow vex the mind,
 Or guilt the soul oppress,

2. Jesus, who gave himself for you
 Upon the cross to die,
 Opens to you his sacred heart;
 O to that heart draw nigh.

3. Ye hear how kindly he invites;
 Ye hear his words so blest--
 'All ye that labour come to me,
 And I will give you rest.'

4. O Jesus, joy of saints on high,
 Thou hope of sinners here,
 Attracted by those loving words
 To thee I lift my prayer.

5. Wash thou my wounds in that dear blood
 Which forth from thee doth flow;
 New grace, new hope inspire, a new
 And better heart bestow.

Edward Caswall, 1814-78

The concluding prayer: Renewed now with heavenly bread, by which faith is nourished, hope increased, and charity strengthened, we pray, O Lord, that we may learn to hunger for Christ, the true and living Bread, and strive to live by every word which proceeds from your mouth. Through Christ our Lord. Amen.

The **SECOND SUNDAY of LENT**

Sunday, 28th February 2021

For an opening hymn, sing or say:

IMMORTAL, INVISIBLE, God only wise,
In light inaccessible hid from our eyes,
Most blessed, most glorious, the Ancient of Days,
Almighty, victorious, thy great name we praise.

Unresting, unhasting, and silent as light,
nor wanting, nor wasting, thou rulest in might;
Thy justice, like mountains high soaring above
Thy clouds which are fountains of goodness and love.

To all life thou givest--to both great and small;
In all life thou livest, the true life of all;
We blossom and flourish like leaves on the tree,
Then wither and perish--but naught changeth thee.

Great Father of glory, pure Father of light,
Thine angels adore thee, all veiling their sight;
All praise we would render; O help us to see
'Tis only the splendour of light hideth thee.

W. Chalmers Smith, 1824-1908

The Collect: O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory. Through Christ our Lord. Amen.

The readings are:

- *Genesis 22:1-18: The sacrifice of Abraham, our father in faith.*
- *Romans 8:31-34: God did not spare his own Son.*
- *Mark 9:2-10: This is my Son, the Beloved.*

As a hymn in thanksgiving after your act of spiritual communion:

Tis good, Lord, to be here!
Thy glory fills the night;
Thy face and garments, like the sun,
Shine with unborrowed light.

2. 'Tis good, Lord, to be here,
Thy beauty to behold,
Where Moses and Elijah stand,
Thy messengers of old.

3. Fulfiller of the past,
Promise of things to be,
We hail thy Body glorified,
And our redemption see.

4. Before we taste of death,
We see thy kingdom come;
We fain would hold the vision bright,
And make this hill our home.

5. 'Tis good, Lord, to be here!
Yet we may not remain;
But since you bidst us leave the mount
Come with us to the plain.

J. Armitage Robinson, 1858-1933

The concluding prayer: Bless your faithful, we pray, O Lord, with a blessing that endures for ever, and keep us faithful to the Gospel of your Only Begotten Son, so that we may always desire and at last attain that glory whose beauty he showed in his own Body, to the amazement of his Apostles. Through Christ our Lord.